

News Release

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FOR IMMEDIATE RELEASE

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Area Schools Taking Lead in National Walk to School Day, Oct. 2

Jefferson City—A number of central Missouri schools will be joining schools from around the country to celebrate “Walk to School Day,” October 2. This national event is in its sixth year.

Central Missouri school districts that were early registrants on the official website for “Walk to School Day” are: Columbia, Sunrise Beach, Rolla, and Eldon. Others in the state are in Bourbon, Carthage, Chesterfield, Crocker, Ft. Leonard Wood, Hazelwood, Kansas City, Lexington, Montrose, Palmyra, Steele, and Wheaton. Last year, 25 schools districts participated. Schools need not register to hold its own “Walk to School Day.”

Last year, more than 600,000 parents, students and community leaders from 49 states walked to school that day. The purpose of “Walk to School Day” is to promote health, safety, physical activity and concern for the environment. U.S. walkers will join more than 25 countries to celebrate the third “International Walk to School Day.”

“Walk” promoters recognize that circumstances do not permit some students to walk to school. However, among those youngsters living within a mile of their school, only 25% are regular walkers. Walking or cycling to and from school is an ideal way to get physical activity at no extra cost.

A simple activity with great benefits, “Walk to School Day” promotes:

- Physical activity for children and adults through the easiest-to-do exercise.
- Safety by teaching children safe walking skills and how to identify safe routes to school.
- Awareness of how walkable a community is and where improvements can be made.
- Taking back neighborhoods for people on foot and bicycles.
- Reducing traffic congestion, pollution and speed near schools.
- Sharing the time with community leaders, parents and children.

Missouri state agencies proudly supporting this event are the Department of Health and Senior Services, Department of Elementary and Secondary Education, Department of Public Safety, Governor's Council on Physical Fitness and Health, and the Head Injury Advisory Council. Local sponsors support individual schools' “Walks.”

For more information, contact your local school district or the website at:

<http://www.walktoschool-usa.org>